

These Cajun Shrimp Jalapeño Poppers Bring the Heat (and the Flavor)

If you're on the hunt for a spicy appetizer that steals the show, these



OVEN
375°F

TIME
3 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

12 jalapeños
1 pound shrimp, peeled and deveined
1 tablespoon Cajun seasoning
1 tablespoon olive oil
½ cup cream cheese, softened
... cup shredded cheddar cheese
2 cloves garlic, minced
Salt and pepper to taste
Chopped fresh cilantro, for garnish

Ingredient Notes & Swaps:

Shrimp: Use medium-sized shrimp for easy chopping.

Pre-cooked shrimp works in a pinch—just reduce skillet time.

Cajun Seasoning: Store-bought is great, or make your own with paprika, cayenne, garlic, and thyme.

Cheese: Swap cheddar with pepper jack or Monterey Jack for extra melt and spice.

Cream Cheese Alternative: Blend with sour cream or Greek yogurt for a tangier, lighter filling.

Step-by-Step Instructions:

Preheat Oven Set oven to 375°F. Line a baking sheet with parchment paper or foil.

Prep the Jalapeños Slice jalapeños in half lengthwise. Use a spoon to scoop out seeds and membranes (wear gloves if sensitive to heat!).

Season and Cook the Shrimp Toss shrimp in Cajun seasoning and olive oil. Cook in a skillet over

medium heat for 2-3 minutes per side, until pink.
Remove and chop finely.

Make the FillingIn a mixing bowl, combine cream cheese, shredded cheddar, garlic, salt, and pepper. Stir in the chopped shrimp until well distributed.

Stuff the JalapeñosSpoon the shrimp-cheese mixture into each jalapeño half, filling to the top.

BakeArrange stuffed jalapeños on the baking sheet. Bake for 15-20 minutes, until the jalapeños are tender and the filling is bubbly.

Garnish & ServeSprinkle with chopped cilantro and serve immediately for best texture and flavor.

Tips for Success:

Even Slicing: Cut jalapeños as evenly as possible for uniform cooking.

Adjust the Heat: Leave a few seeds in for extra fire, or soak jalapeños in cold water before baking to mellow the spice.

Party Prep: Stuff jalapeños ahead of time and refrigerate until ready to bake.

Serving Suggestions & Pairings:

A cooling dip like ranch or sour cream

Crunchy tortilla chips and Crockpot Nacho Dip

A refreshing drink to contrast the heat-consider a margarita or lemonade

A platter with Beer Cheese Dip and veggie sticks

A fun main like Dorito Casserole for a flavor-packed menu

Storage & Leftovers:

Refrigerate: Store leftovers in an airtight container for up to 3 days.

Reheat: Bake at 350°F for 10 minutes or use an air fryer for crispiness.

DIRECTIONS

1. **Preheat :** OvenSet oven to 375°F. Line a baking sheet with parchment paper or foil.
2. **Prep the :** JalapeñosSlice jalapeños in half lengthwise. Use a spoon to scoop out seeds and membranes (wear gloves if sensitive to heat!).
3. **Season and :** Cook the ShrimpToss shrimp in Cajun seasoning and olive oil. Cook in a skillet over medium heat for 2-3 minutes per side, until pink. Remove and chop finely.
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5. **Stuff the :** JalapeñosSpoon the shrimp-cheese mixture into each jalapeño half, filling to the top.
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10. **Party :** Prep: Stuff jalapeños ahead of time and refrigerate until ready to bake.
11. **Serving Suggestions & Pairings:** These spicy shrimp poppers pair perfectly with:
12. A cooling dip like ranch or sour cream
13. Crunchy tortilla chips and : Crockpot Nacho Dip

14. A refreshing drink to contrast the heat-consider a margarita or lemonade
15. A platter with : Beer Cheese Dip and veggie sticks
16. A fun main like : Dorito Casserole for a flavor-packed menu
17. Storage & Leftovers: Refrigerate: Store leftovers in an airtight container for up to 3 days.
18. Reheat: Bake at 350°F for 10 minutes or use an air fryer for crispiness.
19. Freeze: Assemble ahead and freeze unbaked jalapeños for up to a month. Bake from frozen, adding 5 extra minutes.
20. More Recipes You'll Love: If you loved the heat and heartiness of these jalapeños, you'll definitely want to try:
21. Cajun : Chicken Sausage Gumbo - rich, spicy, and comforting
22. Dorito : Casserole - cheesy, crunchy, and crowd-pleasing
23. Beer : Cheese Dip - ideal for dipping anything
24. Sheet : Pan Quesadillas - fast, easy, and cheesy
25. Crockpot : Nacho Dip - a slow-cooked appetizer that vanishes quickly

SWAPS & NOTES

& Swaps Shrimp: Use medium-sized shrimp for easy chopping. Pre-cooked shrimp works in a pinch-just reduce skillet time.

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Cheese: Swap cheddar with pepper jack or Monterey Jack for extra melt and spice.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/these-cajun-shrimp-jalapeno-poppers-bring-the-heat-and-the-flavor/>